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Institutional Feeding Managers Stewards-Chefs-Cooks

ATTENTION PLEASE!

May 29, 1944

TEN TIPS FOR HOT WEATHER!

CHEFS, STEWARDS AND WORKERS IN INDUSTRIAL FEEDING! Don't sabotage your food by neglecting the rules of good storage and preparation. Waste not - want not - you have heard before. So don't forget the tricks you've read about preparation of fruit and vegetables.

Highlights for hot weather ahead suggest a colorful spring-tossed salad or a fruit salad bowl, using some of the new fruits just in season. Even though you are accustomed to rationing by now, are you still having trouble making your ideas and your ration points come out even? Fresh fruits do double duty by conserving canned ones and taking the place of a dessert such as pie or cake.

Women war workers, too, will find the attached bulletin of good food ideas helpful in their menu-planning. By trying these tips they will be better prepared to repeat them again.

EGGS AND ONIONS are our two plentiful foods
at this season of the year, so use them often in
cooking!

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